

Exhibitors and Information

Throughout HerbDay, groups and organizations that research and educate about herbs will be available to answer questions, provide samples, and conduct demonstrations. The following will be at the USBG on October 11:

Herb Society of America

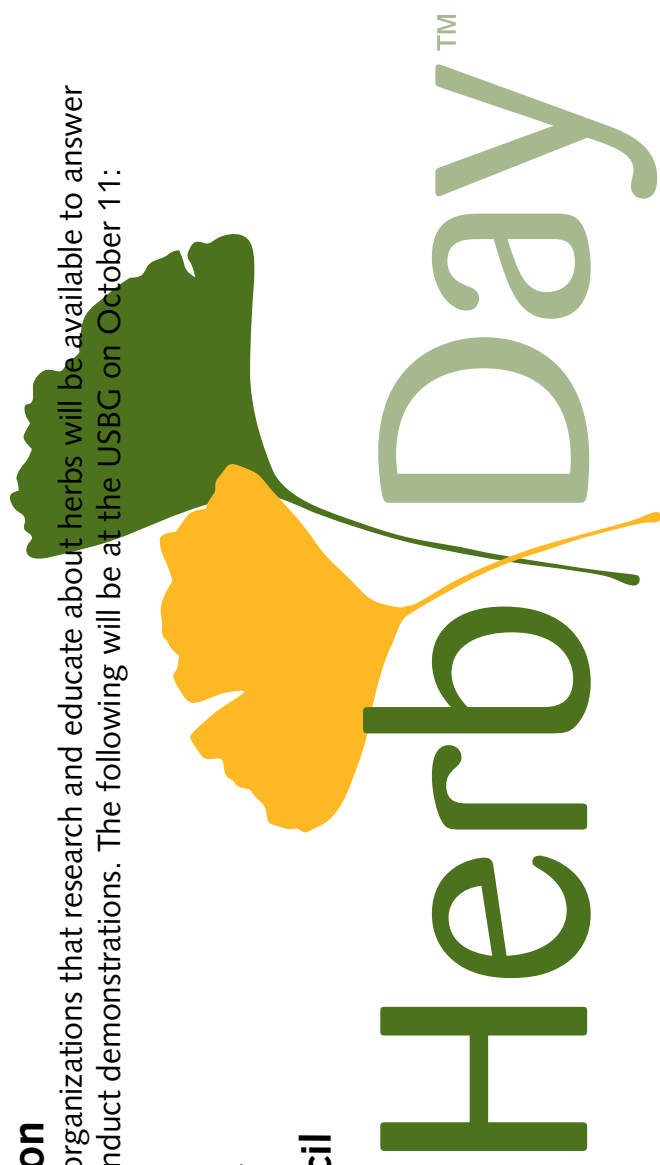
International Herb Society

American Botanical Council

Aveda

Tai Sophia

The Herb Companion



UNITED STATES 245 First Stret, SW
Washington, DC 20024



**BOTANIC
GARDEN**

UNITED STATES BOTANIC GARDEN



3rd Annual HerbDay Celebration!



**SATURDAY, OCTOBER 11, 2008
10:00 A.M. TO 4:00 P.M.**

**U.S. BOTANIC GARDEN
100 MARYLAND AVENUE, SW
WASHINGTON, DC**

3rd Annual HerbDay!



HerbDay was created by the HerbDay Coalition, a group of five herbal non-profit organizations, to raise awareness about the significance of herbs in our lives and the many ways herbs can be used safely and creatively for health, beauty care, and culinary enjoyment.

Spend the day in the USBG Conservatory celebrating the importance of herbs. Discover the significance of herbs in our lives and the many ways herbs can be used safely and creatively for health, beauty care, and culinary enjoyment. Throughout the Conservatory there will be demonstrations, tours, children's activities, discussions, and information tables. You won't want to miss this amazing opportunity to learn more about herbals.



HerbDay Lectures

As part of the 3rd annual HerbDay festivities, the USBG will host an all-day series of lectures. Lectures will take place in the classroom and under the tent in the National Garden. No pre-registration is required and space is available on a first come first served basis.

10:30 - 11:00 a.m.

Ashley Litecky:

Designing your Urban Herb Garden

Candice Terrell:

Preparing Herbs for Children

11:10 - 11:40 a.m.

Rhonda Kurtis:

Teas to Support Winter Wellness

Monica McCollin:

Herbal Spa Treatments for Home

11:50 a.m. - 12:20 p.m.

Gayle Engels:

Aphrodisiacs for the Home Gardener

Hannah Pass:

Herbal Teas for Stress Management



12:30 - 1:00 p.m.

Pat Kenny:

Sea Vegetables: Nutrition for Ourselves and Our Gardens

Janet Lubon:

Herbs and Allergies

1:10 - 1:40 p.m.

Vicki Mattern:

Fresh Herbs Within Reach this Winter

Richard Karel:

Herbs for Kids Health

1:50 - 2:20 p.m.

Paige Lescure:

Brain Food for Aging

Lisa Lachs:

Culinary Herbs: Growing, Using, and Storing

2:30 - 3:00 p.m.

Camille Freeman:

Mother's Toolkit

Preview of the film "Numen: The Nature of Plants" (80 minutes - continues until 3:50 p.m.)

3:10 - 4:00 p.m.

Owen Okie:

Ginger: The Rockin' Rhizome